

# How to Live

Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER, A. M., M. D.

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## HEALTH INSURANCE.

All prudent people insure their lives, but how very few who believe in life insurance are governed by similar principles in the management of their health? A man who takes out a policy in a life insurance company is subjected to certain conditions and requirements. Can he expect less in insuring his health? The first requisite is to value health above all things—to seek health and keep after it. The second is to learn the laws that govern life and health, and the third is to obey these laws. Knowledge and obedience are the premiums exacted, or forfeiture of the insurance. If you desire to insure good health, and you are in the habit of sitting up late at night, go to bed at a regular hour. This is an electric light civilization, and it is all wrong. If you have been in the habit of getting up late in the morning, try the novelty of rising early, and find out how easily the difficult problem of the night before is solved in the fresh, quiet hours. If you have eaten three heavy meals daily, reduce them, especially making breakfast and the evening meal simple, and be surprised with good digestion, sounder and sweeter sleep, and a more amiable disposition. If you have worked night and day, and worried simultaneously, stop and consider if "the game is worth the candle." Ask yourself if it will pay to spend your life and strength in gaining that which most easily takes to itself wings, while you are every day growing more and more nervous, irritable, and unhappy under an unnecessary burden. To insure your health you must reduce life to the simplest terms. Show the spirit of obedience to physical and mental laws. Cultivate the love of right action. Eat, drink and dress simply. Live out of doors as much as possible, always resting and sleeping in the open air whenever it is feasible. When you are inclined to worry, turn to brighter thoughts and endeavor to throw off care. Don't take your troubles to bed with you—but, as someone advised, hang them on the chair with your trousers or drop them in a glass of water with your teeth.

Keep up your physical strength. The strongest physically are less liable to nervous breakdown. To eat moderately at regular hours, to sleep sufficiently, to bathe daily, to get enough active exercise in the open air—if possible in a form which will add interest to the mere exertion—these should be the commandments of the physical law.

Don't give way to your emotions. Meet worries with common sense. Be decisive; self-poised, self-controlled. Make philosophy your friend, and this will lead you into that serenity which is the chief factor in health insurance.

Follow these little guide posts on the footpath to peace and health, and you will learn that to live will be a delight; to breathe, a pleasure; to think a luxury; to sleep, a rest. LEARN HOW TO LIVE.

Nature's price for health is regularity. You cannot safely bottle up sleep tonight for tomorrow night's use, or force your stomach at one meal because you expect to eat sparingly at the next, or become exhausted in working day and night, expecting to make it up later.

Worry, anxiety, jealousy, malice, hatred, hot temper, selfishness, dishonesty, perversion of moral integrity, in short, every discordant or abnormal thought, emotion or expression, tends to destroy that perfect equilibrium of the faculties and functions which is called health.

No one thing contributes more to health or success, than a strong, vigorous will. It is a perpetual health tonic, physically and mentally. It braces the system, enabling it to endure hardships, disappointments and disease.

If your business confines you from eight to six, there is still time left before and afterward. Have that to yourself, and spend it in walking in the fresh air, as far from town, or narrow streets, as possible.

The care and preservation of health is a moral duty and must be ranked among the cardinal virtues—that is, among the virtues which are the most important and essential to your well being.

It is wonderful how much work a man can get through who works with system and method and who has acquired the invaluable habit of putting odd moments to a good account.

Like ripe fruit drop into our Mother's lap, or be with ease gathered, not harshly plucked.

Do not expect to have health for nothing. Nothing worth anything can be obtained without effort.

Health, strength and longevity, depend on immutable laws. There is no chance about them.

Fault Finder Loses Out. Uncle Ab says: The man who always finds fault with the weather won't have any real indignation when he needs it for a cause that he can do something about.

## CAMPAIGN NOTES ARE INTERESTING

(Continued from page one)  
memorial. Dr. H. M. Crooks made this very clear at yesterday's report meeting of the campaign organization. He was of the opinion that there was nothing radically wrong about the idea of building a memorial to the young men from Gratiot county who entered the World War. A memorial would be erected, he declared, even though it were necessary to invite strangers in to help raise the necessary funds. If the city of Alma, he said, did its part the building was a certainty. Other portions of the county would be given an opportunity to contribute. If they declined to do so Alma would go ahead on its own steam.

Here, by the way, is a suggestion that will not be pushed as a campaign proposition but is referred to the county at large. Those who find it is impossible to contribute toward a memorial can, if they insist, contribute toward endowment.

The campaign is developing its high lights. Yesterday J. W. Robinson called a member of the soliciting organization on the phone and said that he wanted to make a \$300 contribution. That was a case of the contributor chasing the solicitor rather than the solicitor chasing the contributor.

The returns show that approximately \$55,000 has been secured from less than 400 people, 200 of whom are either college students or members of the faculty. Another thing. Only 40 workers made reports up to Tuesday noon. The attendance at the noon day report luncheon was 80. With a working organization of 100 actually in the field the canvass should strike a new and faster gait.

The Rev. W. L. Gelston and his team constitute one of the encouraging features of the situation. The Gelston group is out after a minimum of \$2200. It has already secured \$980. Capt. Clapp and Capt. Bennett have each reported \$600. Capt. Crisp and his workers took third place yesterday with \$525. Capt. Creaser was not far behind, his team having secured \$510.

Division Commanders Winslow, Cushing and Wagner are out to win. They realize that the city of Alma must bear the burden. They would not feel at all happy if this community did not make a favorable

showing and they told their workers so yesterday.

Another encouraging feature is the activity of the Rev. Matthew Duffey. At yesterday's report meeting the Rev. Mr. Duffey told the workers that he was very much concerned about the Alma College campaign, not only as a Christian minister, but as a citizen. Next in importance to the church, he said, was the Christian college. He called attention to the fact that while the college was located in the city of Alma it was in no sense a local institution. No college, he said, that enlisted the help of people scattered all the way from Detroit to Petoskey could be considered local. He was very sorry if there was anyone in Gratiot county who would decline to support a Christian college because of some reason or fancied objection to the city in which it was located. The issue, he pointed out, was not one connected with local rivalries, but whether or not the young man or women of central Michigan should have, at their command, the educa-

tional facilities that a Greater Alma would afford.

The Rev. Mr. Duffey also said that it was hard for him to understand how anyone could oppose the erection of a building simply because it WAS a memorial. Were memorials objectionable, he asked, or were they simply objectionable when located at certain places?

Since the two Almas—the college and the city—are equally unpopular in some quarters it would seem there is nothing left for them to do except stick together. The doors of the college will always be open wide to young men and women from all sections of Gratiot county quite irrespective of whether or not the community from which the student hails

has ever given a penny to the institution.

When the campaign in Alma has been finished, the people in other sections of the county will be asked to make whatever contribution they believe the needs of the college deserve.

The first job on the program is to make sure that Alma does its part.

## DIED IN PORTLAND

Word has been received here of the death of Mrs. Frank Elliott on March 29 at Portland, Oregon. Mrs. Elliott was a former resident of this city and is well known to Alma people. News of her death was received by Dr. Erwin and family.

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## Preparing for the Future

is one of the most interesting subjects that ever comes to ones mind. It requires much faith and this faith is justified by the experience of others. Faith in the worth while tasks yet to be accomplished causes thousands of our young men and women to go to college every year. Faith in our homes and in our country caused 1,000 of Gratiot county's boys and girls to offer their all on the alter of patriotism a little while ago. We want to keep faith with them now by giving a living memorial in the form of a Gymnasium and Auditorium to be erected on the campus of Alma college. We believe an investment in this memorial will pay big dividends in the future. The soldiers have been loyal to us. Lets show our appreciation in this practical manner now.

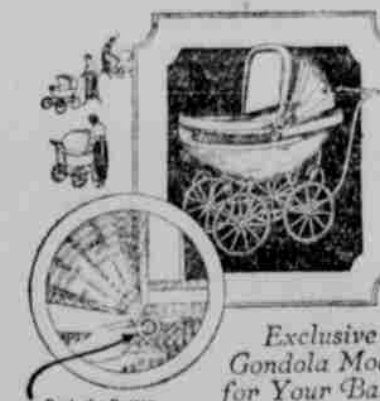
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